

Alternative Rehab Methods for Traumatic Brain Injuries

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Objectives

- Common TBI Impairments
- Benefits of Introducing New Stimulus
- Traditional versus Alternative Methods for Rehab
What to look for in a Physical Therapist
- About PARR PT

American Ninja Warrior



Jonathan Parr “Flying Squirrel”

Crossfit Athlete



Shelby Kahn





Common Impairments

- Contractures or leg length deficit
- Poor Awareness, Visual deficits
- Difficulty walking
- Balance deficits and falls
- Spasticity
- Scoliosis
- Other impaired movements

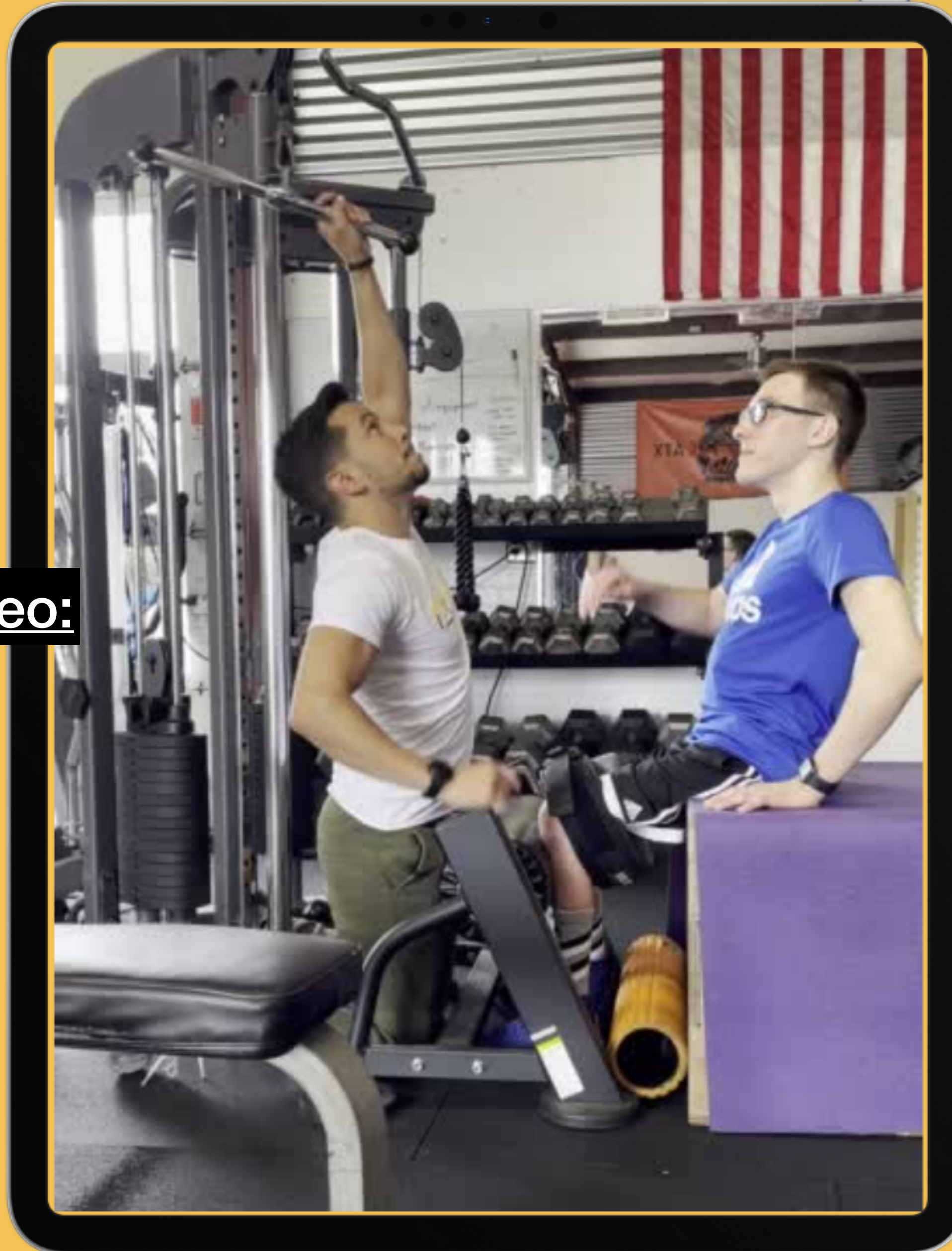
Benefits of New Stimulus

- Traditional interventions
- New Information
- Alternative methods
- Strength and Conditioning
- Vestibular activation

Strength Training

- Traditional Methods
- Upper Body
- Lower Body
- Trunk
- Whole Body

[Click here for video:](#)



Balance Training

- Traditional Methods
- Hard & Soft surfaces
- Head and eye movements
- Outdoor training
- Protective response training
- Alternative methods



Gait Training

- Traditional Methods
- Pre-gait activities
- Gait using devices
- Matrix
- Alternative gait training



What To Look For In A Physical Therapist

- Passionionate
- Experience & Creativity
 - Pediatric or Neurological Focus
 - Outside-the-box methods
- Credentials
 - NDT, PNF, Schroth Method, PCS, MNRI,
- CSCS
- Home Health versus Outpatient
 - Appropriate equipment
- Communication with other disciplines OT/SLP

About PARR PT

- Open Gym with padded surfaces and adaptable equipment
- Specialized in Physical Therapy for TBI, Spinal Cord Injury, Parkinson's, Multiple Sclerosis, and other neurological conditions
- Wellness Training using alternative exercise methods for recovery



Wellness On-Site Training

- Strength Training
- Balance Training
- Spasticity Training
- MATRIX Gait
- Training Transfer
- Training
- Functional Movement Training



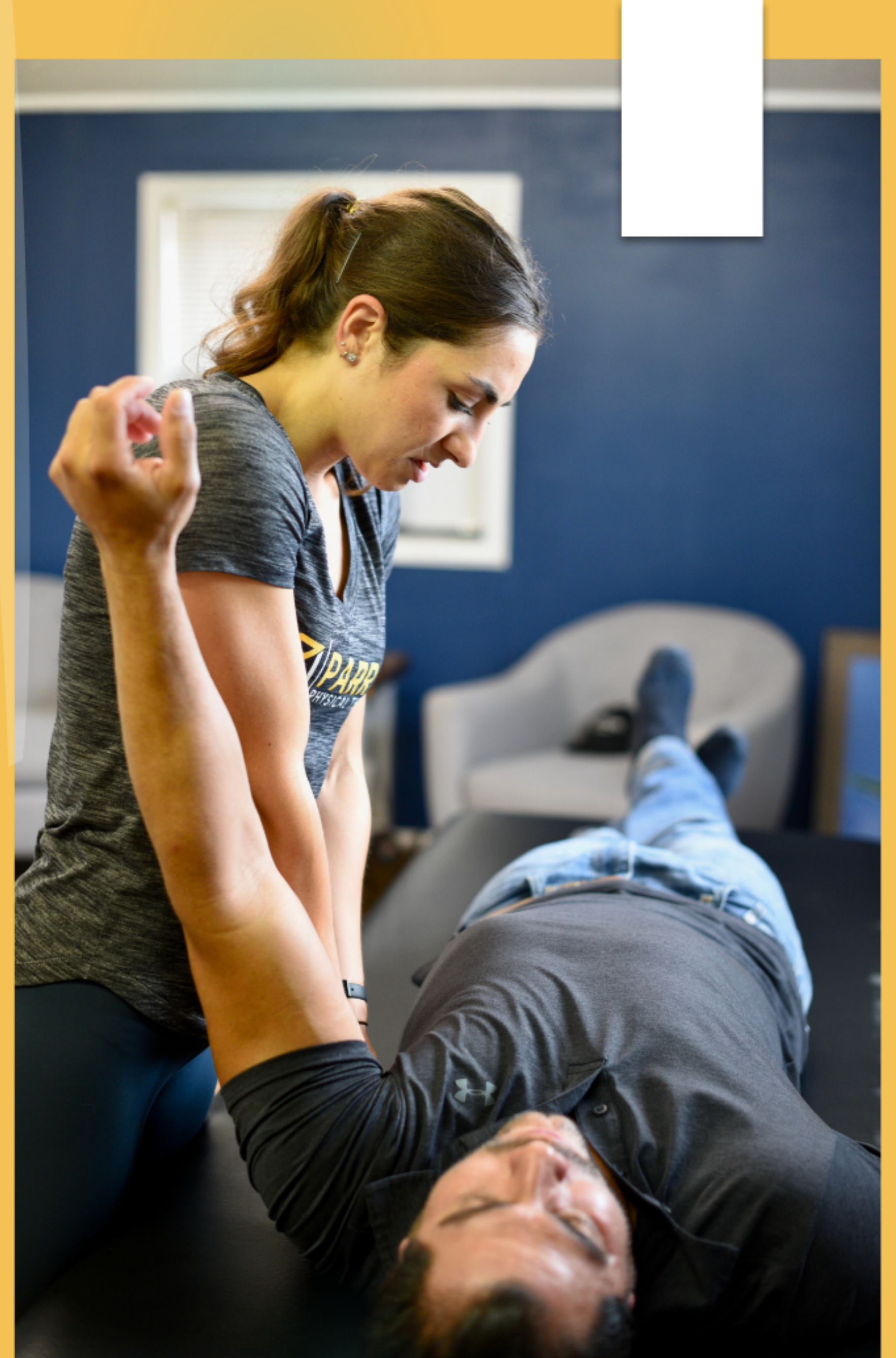
Specialized Programs

- Individualized 1-2 programs with Video and PDF
- Caregiver training for at home activities
- Video Library access
- On-site or Virtual Assessments and Programming
- “In-Town” or “Out of Town” Clients



Physical Therapy

- Myokineshetics
- Dry Needling
- Gut therapy/massage
- Micro-current Point Stimulation Therapy
- Myofascial Release
- Scar Release



Matrix Gait Training

- Brain Injuries
- Spinal Cord Injuries
- Other Neurological Conditions



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